Are you experiencing stress or anxiety after surviving sudden cardiac arrest?

We are conducting a study of a breathing practice called Heart Rate Variability Biofeedback. This practice has been shown to reduce distress, fear, and anxiety.

Eligible participants may receive up to $150 for completing all parts of the 4-week study from their home.

Are you eligible?
- Experienced a sudden cardiac arrest in the last 6 years
- 18 years of age or older
- Able to speak and read English
- Willing to use a research app on your smartphone
- Willing to participate in 3 video visits

To learn if you are eligible, go to https://bit.ly/2P0arHC to complete a short survey.